ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEMEX09830)
- the NAME of the product (WESLO® AERO A6 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the parts (see page 10)

Part No. 201729 R0903A

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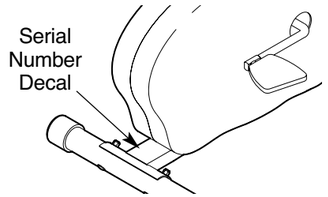
WESLO® AERO A6

Model No. WLEMEX09830
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

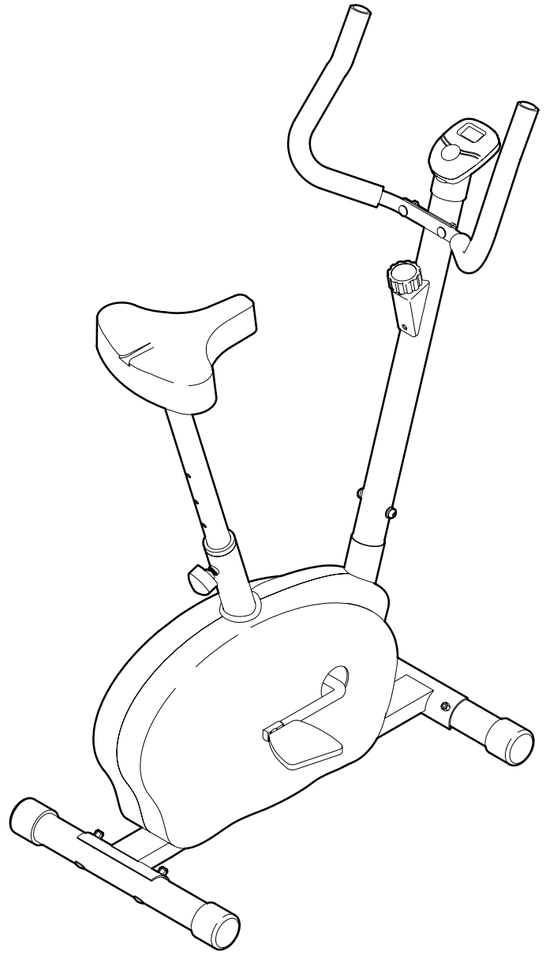
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at www.iconeurope.com

WESLO®

AERO A6

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ORDERING REPLACEMENT PARTS . . . . . .Back Cover

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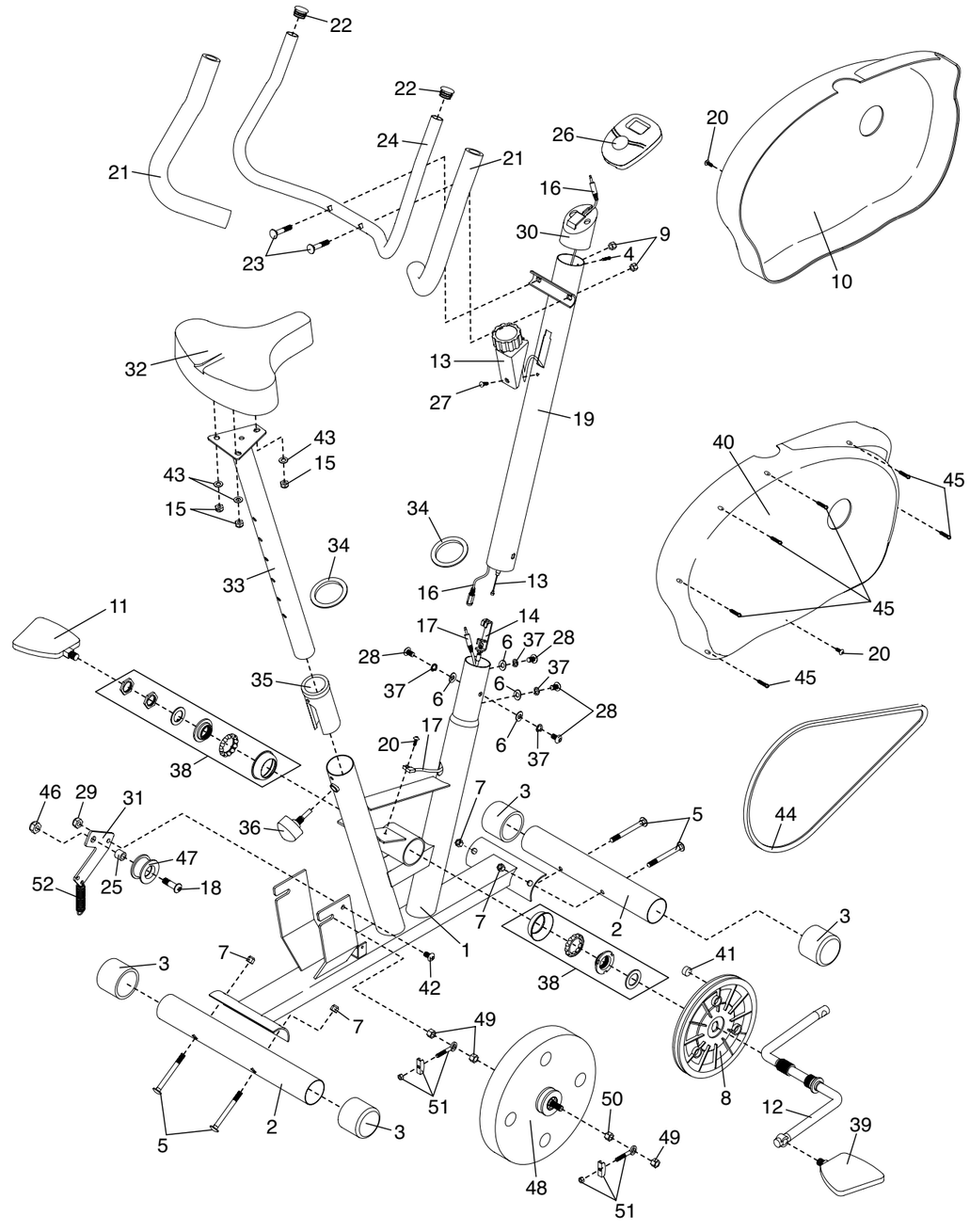
EXPLODED DRAWING—Model No. WLEMEX09830

R0903A



PART LIST—Model No. WLEMEX09830

R0903A

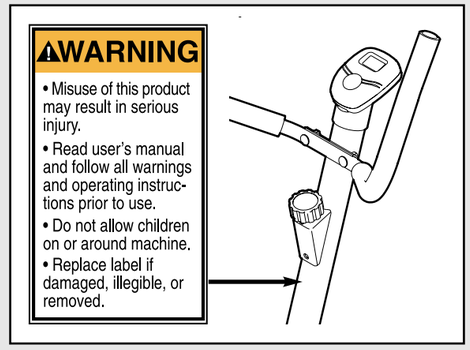
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	28	4	M8 x 20mm Button Screw
2	2	Stabiliser	29	1	M8 Nylon Locknut
3	4	Stabiliser Endcap	30	1	Console Mount
4	1	M4 x 15mm Screw	31	1	Idler Bracket
5	4	3/8” x 65mm Carriage Bolt	32	1	Seat
6	4	Curved Washer	33	1	Seat Post
7	4	3/8” Nylon Locknut	34	2	Side Shield Cover
8	1	Pulley	35	1	Frame Bushing
9	2	5/16” Nylon Locknut	36	1	Seat Knob
10	1	Left Side Shield	37	4	Split Washer
11	1	Left Pedal	38	1	Crank Bearing Assembly
12	1	Crank	39	1	Right Pedal
13	1	Resistance Control/Cable	40	1	Right Side Shield
14	1	Lower Cable	41	1	Magnet
15	3	M8 Nylon Locknut	42	1	M8 x 15mm Button Bolt
16	1	Extension Wire	43	3	M8 Flat Washer
17	1	Reed Switch/Wire	44	1	Belt
18	1	M10 x 40mm Bolt	45	6	M5 x 25mm Machine Screw
19	1	Upright	46	1	M10 Nylon Locknut
20	3	M5 x 15mm Screw	47	1	Idler Wheel
21	2	Handlebar Foam	48	1	Flywheel
22	2	Handlebar Endcap	49	3	3/8” Nut
23	2	5/16” x 35mm Carriage Bolt	50	1	3/8” Jamnut
24	1	Handlebar	51	2	Adjustment Assembly
25	1	16.5mm Spacer	52	1	Spring
26	1	Console	#	1	User’s Manual
27	1	M5 x 12mm Screw			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual before using the exercise cycle.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all warnings and precautions.**
3. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
4. **Place the exercise cycle on a level surface. Cover the floor beneath the exercise cycle to protect the floor or carpet.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the exercise cycle at all times.**
7. **The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
9. **Keep hands and feet away from moving parts.**
10. **When adjusting the seat, make sure that the shaft of the seat knob is inserted into one of the holes in the seat post (see HOW TO ADJUST THE SEAT on page 7). Do not insert the seat knob under the seat post.**
11. **If you feel faint, dizzy, or short of breath whilst exercising, stop immediately and begin cooling down.**
12. **The warning decal shown below is found on the exercise cycle in the indicated location. If the decal is missing or illegible, call 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.**


⚠WARNING
• Misuse of this product may result in serious injury.
• Read user’s manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

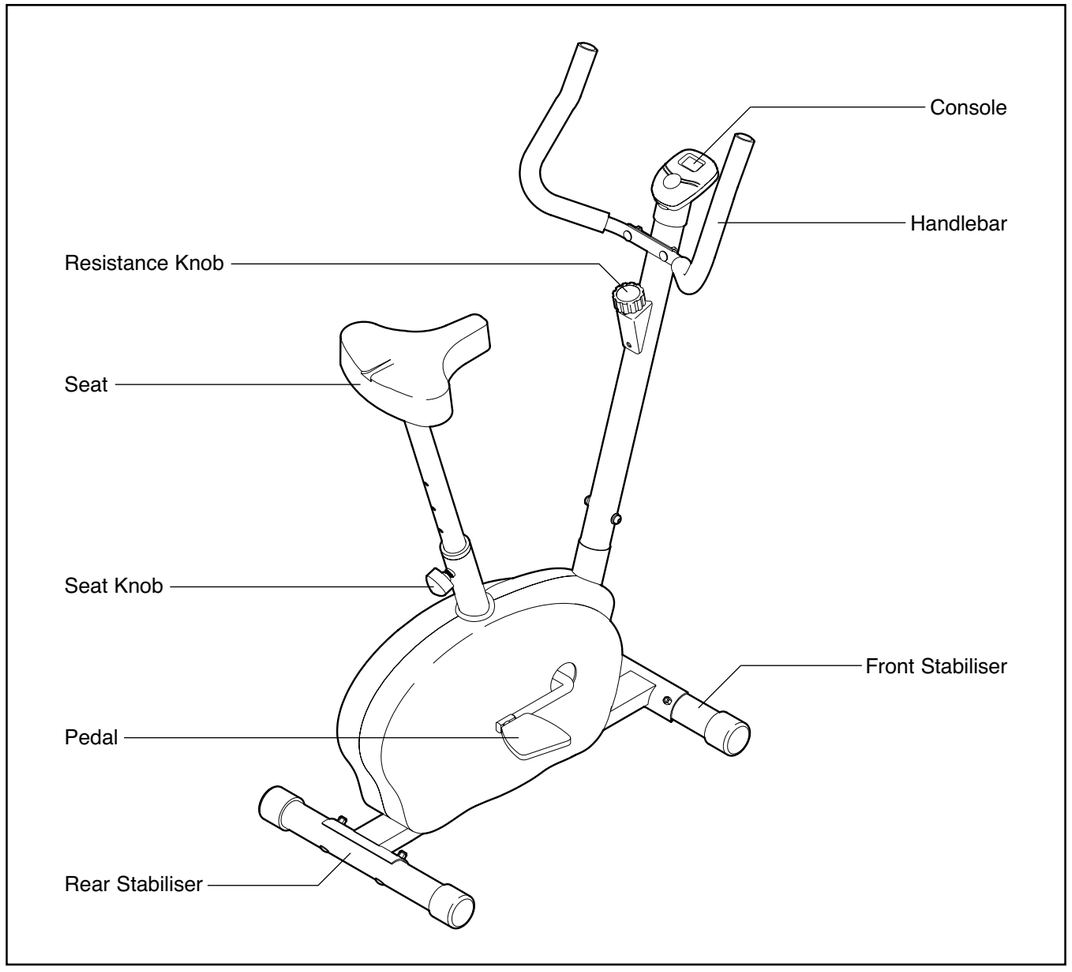
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® AERO A6 exercise cycle. The AERO A6 exercise cycle is designed to let you enjoy effective, low-impact workouts in the convenience and privacy of your own home.

For your benefit and safety, read this manual carefully before using the exercise cycle. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is WLEMEX09830. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

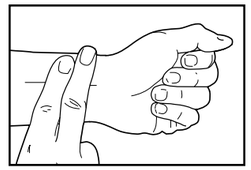
Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. To burn fat, adjust the intensity of your exercise until your heart rate is between the lower two numbers in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 13, your heart rate is 130 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

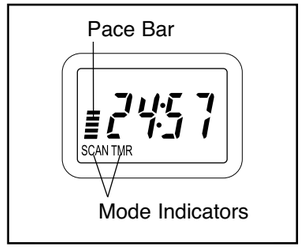
HOW TO OPERATE THE CONSOLE

1. Turn on the console.

To turn on the console, press the console button or simply begin pedalling.

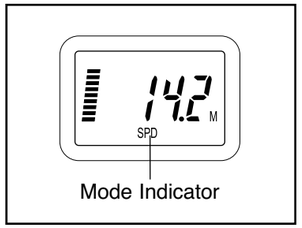
2. Select one of the five modes:

Scan mode— When the console is turned on, the scan mode will be selected. The SCAN indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, you can reselect the scan mode by repeatedly pressing the console button until the SCAN indicator reappears.



The pace bar on the left side of the display (see the drawing above) represents your pedalling pace. As you increase or decrease your pedalling pace, the pace bar will increase or decrease in length.

Time, speed, distance, or calorie mode— To select one of these modes for continuous display, press the console button repeatedly until the desired mode indicator appears. Make sure that the SCAN indicator does not appear.



Note: To reset the display, press the console button for a few seconds. After the display is reset, the scan mode will be selected.

3. Turn off the console.

To turn off the console, simply wait for a few minutes. The console has an auto-off feature. If the pedals are not moved and the console button is not pressed for a few minutes, the power will turn off automatically to conserve the batteries.

MAINTENANCE

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a soft, damp cloth. **Never use abrasives or solvents.** To avoid damage to the console, keep liquid away from the console and keep the console out of direct sunlight.

When storing the exercise cycle, remove the battery from the console and keep the exercise cycle away from moisture and dust.

TIGHTENING THE PEDALS

For best performance, regularly tighten the pedals.

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. See assembly step 5 on page 6 for battery installation instructions. Make sure that the console wire is plugged fully into the extension wire.

ASSEMBLY

Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex key **and your own adjustable spanner** **and phillips screwdriver** **.**

1. Hold one of the Stabilisers (2) against the bracket on the rear of the Frame (1); **make sure that the indicated square holes are facing away from the bracket.** Attach the Stabiliser with two 3/8" x 65mm Carriage Bolts (5) and two 3/8" Nylon Locknuts (7).

   If there are no Stabiliser Caps (3) on the Stabiliser (2), press a Stabiliser Cap onto each end.

   Attach the other Stabiliser (not shown) to the front of the Frame (1) in the same way.

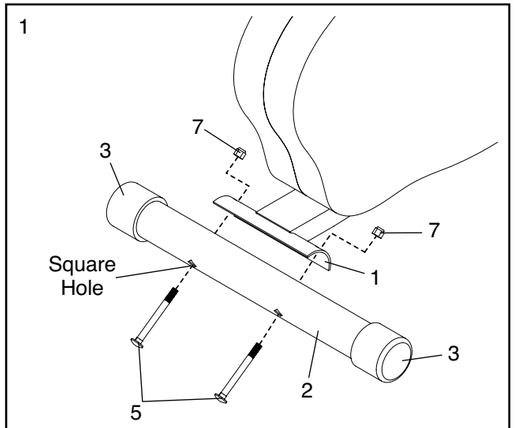
2. Whilst another person holds the Upright (19) near the front of the Frame (1), connect the Extension Wire (16) to the Reed Switch Wire (17). Next, connect the Resistance Cable (13) to the Lower Cable (14) in the following way:

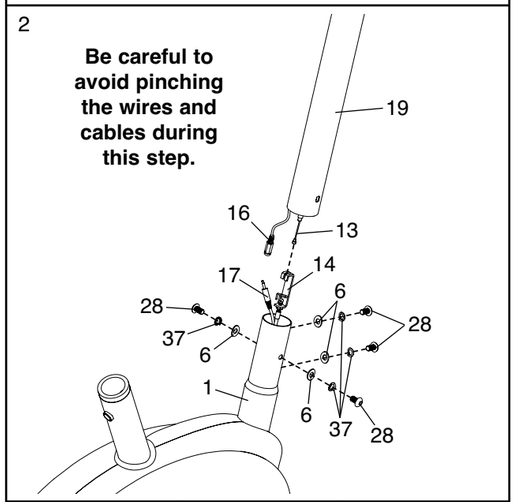
   • See inset drawing A. Pull up on the metal bracket (A) on the Lower Cable (14), and insert the tip of the console cable (B) into the wire clip inside of the metal bracket.

   • See inset drawing B. **Firmly** pull the console cable (B) and slide it into the metal bracket (A) on the Lower Cable (14) as shown.

   • See inset drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket (A) together.

   Carefully push the excess wire and cable down into the Frame (1), and insert the Upright (19) into the Frame. **Be careful to avoid pinching the wires and cables.** Next, attach the Upright with four M8 x 20mm Button Screws (28), four Split Washers (37), and four Curved Washers (6).





3. Attach the Seat (32) to the Seat Post (33) with the three M8 Nylon Locknuts (15) and the three M8 Flat Washers (43). Note: The Nylon Locknuts and the Flat Washers may be preattached to the Seat.

   Make sure that the Frame Bushing (35) is pressed into the Frame (1).

   Insert the Seat Post (33) into the Frame (1). Align one of the holes in the Seat Post with the welded nut on the Frame, and then tighten the Seat Knob (36) into the welded nut and the Seat Post. **Make sure that the shaft of the Seat Knob is inserted into one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

4. Route the Extension Wire (16) up through the Console Mount (30) as shown, and insert the Console Mount into the Upright (19). **Be careful to avoid pinching the Extension Wire.** Attach the Console Mount with the M4 x 15mm Screw (4).

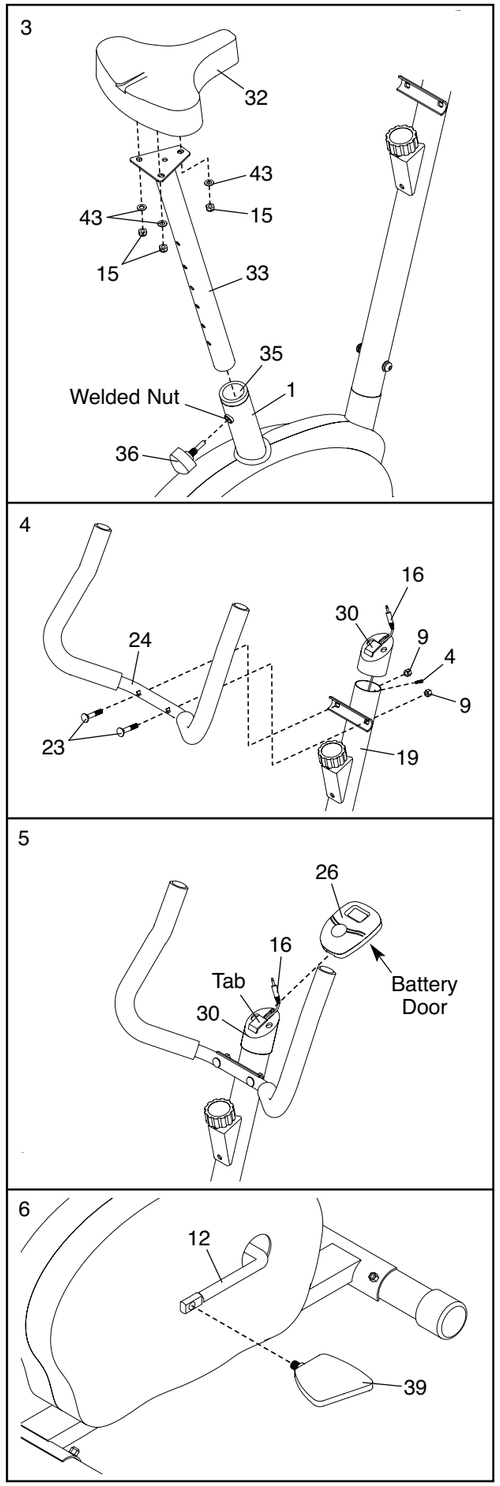
   Attach the Handlebar (24) to the bracket on the Upright (19) with two 5/16" x 35mm Carriage Bolts (23) and two 5/16" Nylon Locknuts (9).

5. The Console (26) requires one AAA 1,5 V battery. An alkaline battery is recommended. Locate the battery door on the back of the Console. Press the tab on the battery door, and remove the battery door. Insert a battery into the battery holder inside of the Console; **make sure that the negative end of the battery (marked "—") is touching the spring in the battery holder.** Reattach the battery door.

   Connect the wire on the Console (26) to the Extension Wire (16). Insert the wires down into the Console Mount (30). Slide the Console onto the tab on the Console Mount.

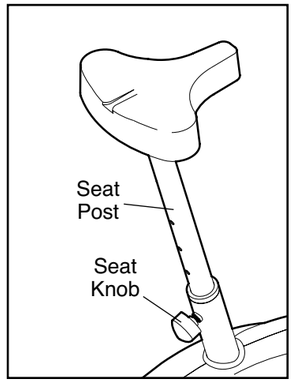
6. Identify the Right Pedal (39), which is marked with an "R." Using an adjustable spanner, tighten the Right Pedal clockwise into the right arm of the Crank (12). Next, tighten the Left Pedal (not shown) counterclockwise into the left arm of the Crank. **Fully tighten both Pedals.**

7. **Make sure that all parts are properly tightened before you use the exercise cycle.**



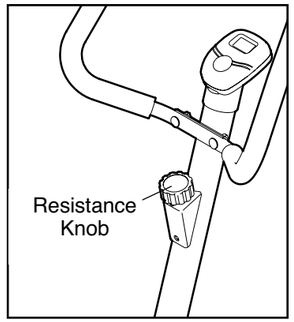
HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT



As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first remove the seat knob. Next, raise or lower the seat, and then retighten the seat knob into the frame and the seat post. **Make sure that the shaft of the seat knob is inserted into one of the holes in the seat post; do not insert the seat knob under the seat post.**

HOW TO ADJUST THE PEDALLING RESISTANCE



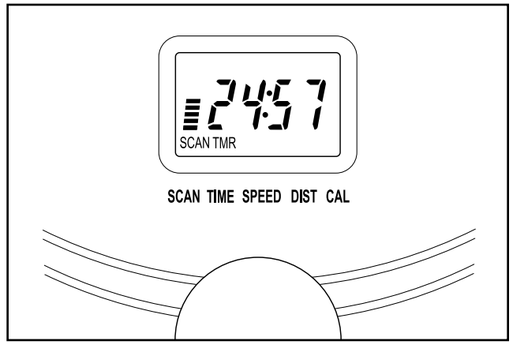
To vary the intensity of your exercise, the pedalling resistance can be changed. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the resistance knob counterclockwise.

BATTERY INSTALLATION

The console requires one AAA 1,5 V battery. See assembly 5 on page 6 for battery installation instructions.

DESCRIPTION OF THE CONSOLE

Note: If there is a sheet of clear plastic on the console display, remove the plastic.



The console features five modes that provide instant exercise feedback whilst you exercise:

- Scan—This mode displays the time, speed, distance, and calorie modes, for a few seconds each, in a repeating cycle.
- Time—This mode displays the elapsed time. Note: If you stop pedalling for a few seconds, the console will pause and a stop symbol will appear in the display.
- Speed—This mode displays your pedalling speed, in miles per hour. Use the chart below to convert miles per hour to kilometres per hour.

MPH	2	4	6	8	10	12	14	16	18	20
KPH	3.2	6.5	9.7	13.0	16.2	19.4	22.7	25.9	29.1	32.4

- Distance—This mode displays the total distance that you have pedalled, in miles. Use the chart below to convert miles to kilometres.

MILES	1	2	3	4	5	6	7	8	9	10
KM	1.6	3.2	4.9	6.5	8.1	9.7	11.2	12.9	14.5	16.1

- Calorie—This mode displays the approximate number of calories you have burned.